

Science Play



Suggested Activities For Educators

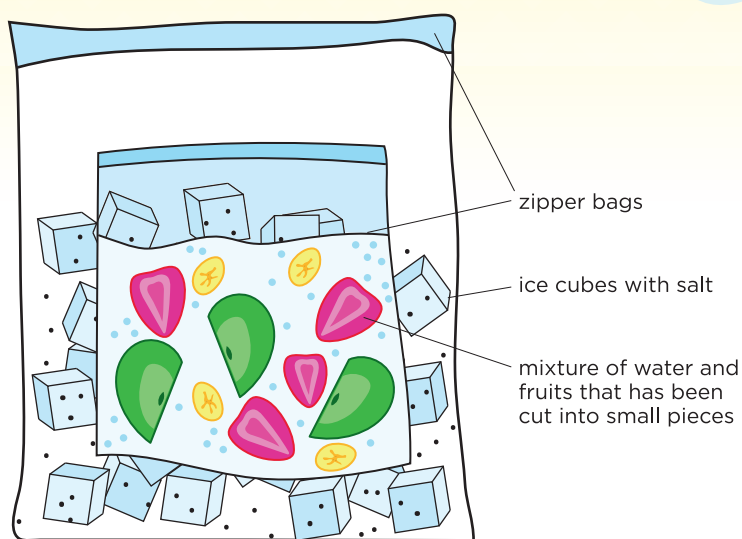


Extend your students' learning after their visit to KidsSTOP™ with the activity provided!

A Fruitful Day Do-it-yourself fruit slushies

What you will need

- 1 cup water
- 1½ cups mixed fruits
(Optional: A dash of lemon juice and mint leaves)
- 2 zipper bags of different sizes
- 500ml ice cubes
- ½ cup salt



Mash the fruits to quicken the freezing process!

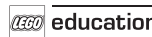
PROCEDURE

1. Wash and chop a variety of fruits into easy-to-eat pieces.
2. Combine the fruits with 1 cup of plain water into a small zipper bag. Add lemon juice or some mint leaves (optional).
3. Place ice cubes and salt into a bigger zipper bag and mix well.
4. Snuggle the small zipper bag amongst the mixture of salt and ice and make sure the salt mixture is in close contact with the fruit-and-water mixture.
5. Mash the bag for about 10 minutes or until you form a slushie-like consistency.
6. Pull the small bag out of the big bag; rinse the small bag to get the salt off. Enjoy the fruit slushie within!



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QUESTIONS TO ASK

- Why do we use real fruits instead of fruit juice?
- Why is the slushie sweet even without added sugar?



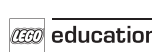
SCIENCE CONCEPTS

- Fruit juice lacks fibre and is loaded with sugar, making it a less healthy option. Always choose fruits!
- Fruits contain natural sugars, making it a popular food source amongst many animals.



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